

Healthy Lifestyle Program

Module 5: Overcoming Stress

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| SMART Goal: | |
| Objectives: | <ul style="list-style-type: none">• Define stress• Learn how stress affects our health and performance• Recognize causes of stress• Identify coping mechanisms for managing stress |

Stress

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| Definition | |
| Our Bodies on Stress | |
| Our Behaviors on Stress | |
| Stress and Performance | |
| Causes of Stress | |
| Coping with Stress | |
| Additional Strategies | |

Coping with Stress Activity

Think of a recent stressful situation and using the principles of reframing and TFAR discussed in the module, reflect on how you may have reinterpreted the situation to reduce stress

| Situation | Reflection |
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